



**IdeaSphere™**  
**inc.**

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October 4, 2005

Office of Nutritional Products  
Labeling and Dietary Supplements (HFS-810)  
Center for Food Safety and Applied Nutrition  
U.S. Food and Drug Administration  
5100 Paint Branch Parkway  
College Park, MD 20740-3835

OCT - 5 2005

Dear Sir or Madam;

This letter will serve as a 30-day notification, pursuant to 403 (r) (6) of the Federal Food, Drug & Cosmetic Act and regulations promulgated thereunder.

Product Manufacturer: IdeaSphere Inc.  
150 Motor Parkway  
Hauppauge, NY 11788

Text of statement being made: "helps reduce hot flashes & night sweats"  
"...nutritionally provide menopausal support, and may help reduce hot flashes and night sweats that occur before, during and after menopause"

Dietary supplement ingredients: Vitamin E, Soy Germ Concentrate, Chasteberry Fruit, Kudzu Root, Korean Ginseng Root Extract, Wild Yam Root Extract, Boron.

Dietary supplement brand and name: Spring Valley PHYTO ESTROGEN COMPLEX CAPSULES

As required, enclosed are two photocopies of this notification.

The signee certifies that the information contained in this notice is complete and accurate, and that IdeaSphere Inc., has substantiation that the statements being made are truthful and not misleading.

Sincerely,

Richard H. Neuwirth  
General Counsel  
IdeaSphere Inc.  
150 Motor Parkway  
Hauppauge, N.Y. 11788

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Enclosures